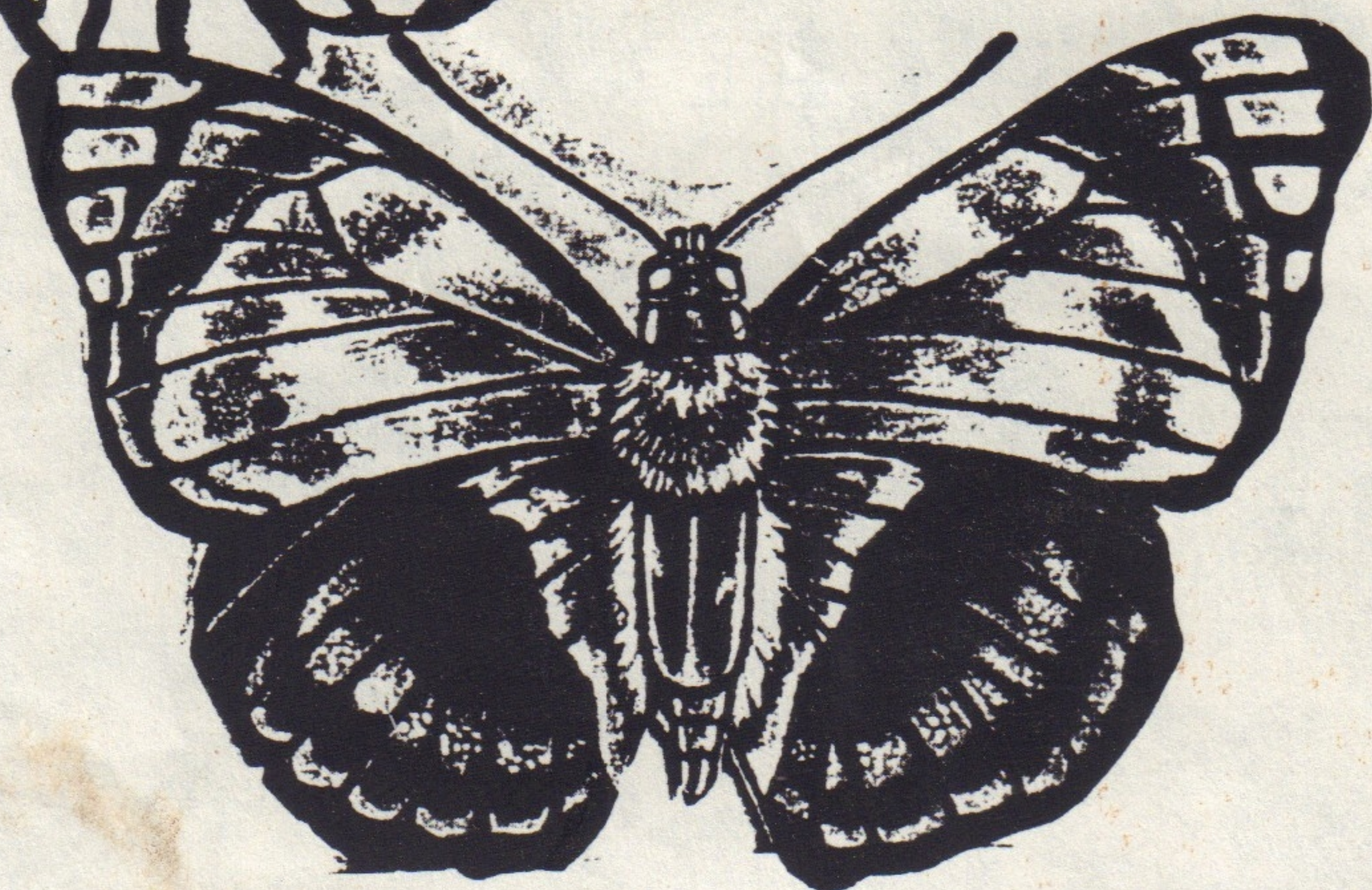




Wings

NEW OPTIONS
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HAPPY THANKSGIVING

With the Holiday Season fast approaching it reminded me that I had a great deal to be thankful for and I began to think of all the realities and happenings in my own life. After contemplating, all of my own things I decided that my life wasn't as bad as I had thought. In the course of a year, I had my home taken away from me, my husband had lost the only home he had ever known. This because Jim Walters decided to build an air shaft in the backyard of the property that my husband's family had leased for more years than I am old. It took much of our zip for a very long time, it still conjures up tears to my eyes when I look at pictures from holidays, the children, the grandchildren, and the house(that was shoved down and buried). Then I look around and see where the homeless are living at Capitol Park. As a matter of fact one young man was sitting on some of the steps of the old footstones the day we visited there with Dr. Bruce Bizzoco. So you see I don't have it so bad and if you think about all the things that you have health, family, religious beliefs, friends, and home. It's not so bad is it.

Let us keep in mind as this semester draws to an end, all that we are grateful for in our lives and how we have grown and what we have learned. Often times, we forget that it only takes a moment to give a word of encouragement or a helping hand to a fellow student. Try each and every day to reach out and share a part of yourself with someone. You will feel better for it. I hope to have a lot of new ideas to share with all of you when we return from Washington. Have a great Thanksgiving ! For we surely have much to be grateful for in our lives.

GOBBLE! GOBBLE!

NATIONAL NETWORK NEWS

On Saturday, November 13, Doctor P.S.Hayes, Sadie Hendrix, and Louise Pruett will be winging their way to Washington, D.C. for the National Network of Displaced Homemakers National Convention. Our group of ladies will be joined by Shirley Johnson from the Career Alternative Program, C.A.Fredd Campus. Our delegation will be taking part in various group meetings, visits to the local national representatives from Alabama, meetings with the Clinton Administration Leaders, and they will also have the opportunities to speak with the delegates from all over the United States. The magnitude and impact of such a meeting is very exciting and up-lifting. We will be looking forward to hearing all about the happenings of this trip when the ladies return.

Have a safe and productive trip!

CONGRATULATIONS!!

The Spanish Club did a wonderful job in celebrating the Day of the Dead. The cemetery was very realistic and decorated beyond expectations. A job well done goes to the Vice-President, Scott Wedgeworth. Thankyou Mrs. Terry and all your students who participated. It was an EVENT!

NOVEMBERS' SPECIAL PEOPLE

This month we want to thank Doctor Bruce Bizzoco for his tour of the Old Capitol. As always, Dr. Bizzoco out did himself in explaining all the historical signifiene of the area and the buildings that once occupied this park. So a great big thanks to you for your support of the New Options Program and Dr. Hayes.

We would also like to thank Ms. Wynora Freeman for all of her support. Ms. Freeman did a wonderful session with us and we are grateful for her insight and her support of the Program. THANKS!

PLACES YOU CAN GO FOR HELP

TEMPORARY EMERGENCY SERVICES

621 23rd Street

Tuscaloosa, AL.

758-5535

Mon.- Fri. 8:30- 3:00

\$14.00 in cash or food stamps

45 lbs. of fresh or frozen meats and vegetables

No limit. MOney has to be in by the first Friday of the month.

Mc Donald Hughes Community Center

3101 32nd Ave.

Tuscaloosa

759-4344

Commidity cards can be signed up for on Thursday between 8:00-9:30

Food will be distributed at specific times. You need to watch the news or newspaper to find out details.

The Salvation Army

1035 29th Street

758-2804

They will help with a variety of things.

Community Services Program

601 17th Street

Tuscaloosa

758-4756

'Take verification of income, social security cards for everyone in the household, birth certificate, and or medicaid card.

University Church of Christ

6th Street

Tuscaloosa

You must have a referral letter from an organization on their letterhead, it must state your circumstances, social security numbers, number of children and their ages.

Tuscaloosa Mission - Operation Blessing

1715 University Blvd.

Tuscaloosa

345-6705

Food help for Thanksgiving and Christmas

You need Names, addresses, social security cards, proof of income, ages of all children, and church affiliation.

This will be about two weeks worth of food including a turkey or a small hen.

This information was compiled by:
Vicki Propes

RECIPE OF THE MONTH

This recipe has become a tradition at my house. We can not have turkey and dressing without it. It has also become a hit for any covered dish occasion because it is very simple to prepare and just as easy to increase or decrease the quantity. It is also a wonderful side dish for many family meals. I have doubled this recipe because it goes so fast. This is a good size for most occasions. If you are preparing it as a side dish, just use one of everything instead of two.

SAUSAGE AND WILD RICE CASSEROLE

- 2- Boxes of Uncle Ben's long grain rice
- 2- Cans of cream of mushroom soup
- 2- Small cans B&B sliced mushrooms
- 2- 1 lb. packages of (hot or mild) breakfast sausage

Prepare rice according to package directions and set aside. Brown sausage and crumble like you would ground beef for spaghetti sauce. Drain sausage, combine all ingredients, and mix well. Pour into oven-proof casserole dish and bake at 350 degrees for about 20-25 minutes.

Now sit back and enjoy all the attention this extremely easy dish will bring your way.

OH TO BE ALWAYS THANKFUL

Oh to be always thankful...

Being able to ^{Give} God thanks, is a true blessing well received from Him. Life, only He can give it.

Being able to be thankful for each new day, is quite unlike the many that have not lived to see this day.

Giving God thanks is a daily affair. Each new day is very special because we are alive to see the birth of a day we have never seen before.

May this thought remain foremost in our hearts and lives supremely sweet.

And to join in chorus with others to say an especially Big Thank You to all my supporters, especially Dr. Paula Sue Hayes.

JEAN EPPS

I am thankful for Gods loving and forgiving grace and for his faith in me and my faith in him for wisdom, guidance, and strength. I am also thankful for loving and caring friends who encourage me to go for my dreams and not to settle for less. I am thankful for my children, without whose love and encouragement I would never have made it this far.

Brenda Mallette

I have numerous things to be thankful for, but, the one thing centered in my thoughts is being accepted into the Associate Degree in Nursing program at Shelton.

Mary Kay Boothe

THANKSGIVING, 1993

The words of a hymn for children remind me of the small joys of everyday.
"For health and friends and daily bread we give you thanks O Lord."

PSH

I am thankful for life, it is a wonderful gift that to often is taken for granted. I am also thankful for my help mate, James, my family and the opportunity to attend school and all my new friends at Shelton.

M.L.Pruett

Things that I'm thankful for are too numerous to mention, so I will only mention one era of my life, "the present". I am thankful that in my time of greatest need I found New Options. I found not only compassion but a way to pick up the pieces of my life and build upon them to restructure my life and make it better. New Options with Dr. Paula Sue Hayes at it's helm directed me on a new course that made possible many achievements that I had thought I was no longer capable of doing.

"THANK GOD FOR NEW OPTIONS"

Hildred Johnson

I am thankful for my family, our health, and doing well in school (all three of us).

K. DONOVAN

^{time}
This is to stop and thank God for all our blessings. I have many things to be thankful for, I would like to share this one with you: on November 18, 1991, I lost my husband this was a sad time for me. One day as I was looking through the phone book for a number, I saw the name of an old friend. So I called him. Lucky me, he was divorced and we made a date to meet at the old Woolworth Building. This was the beginning of a new relationship for the both of us. We have been seeing each other ever since. He has meant a great deal to me and has helped me through some very difficult times.

Friends, remember this

God hath not promised
sun without rain
joy without sorrow
peace without pain

God bless each one of you during this Thanksgiving season.

ELLIE DOCKERY

I am so wonderfully blessed and thankful for life, family, friends, health, and an abundance of self-worth and being, all of which I give the honor, glory, and praise to my Lord and Saviour, Jesus Christ.

To have been blessed with the support and guidance through the New Options Program, I have added another dimension to my life. With New Options, new friends, and a new attitude, I have set my goals high and I am striving hard to achieve them.

I am especially grateful to Dr. Paula Sue Hayes who has so much compassion for everyone she meets. To all of my friends in the New Options Program, I am thankful to have all of you in my life.

FRANCES SPENCER

I am most thankful for the love of my family in a time of despair.

Kathy Adams